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1922-23

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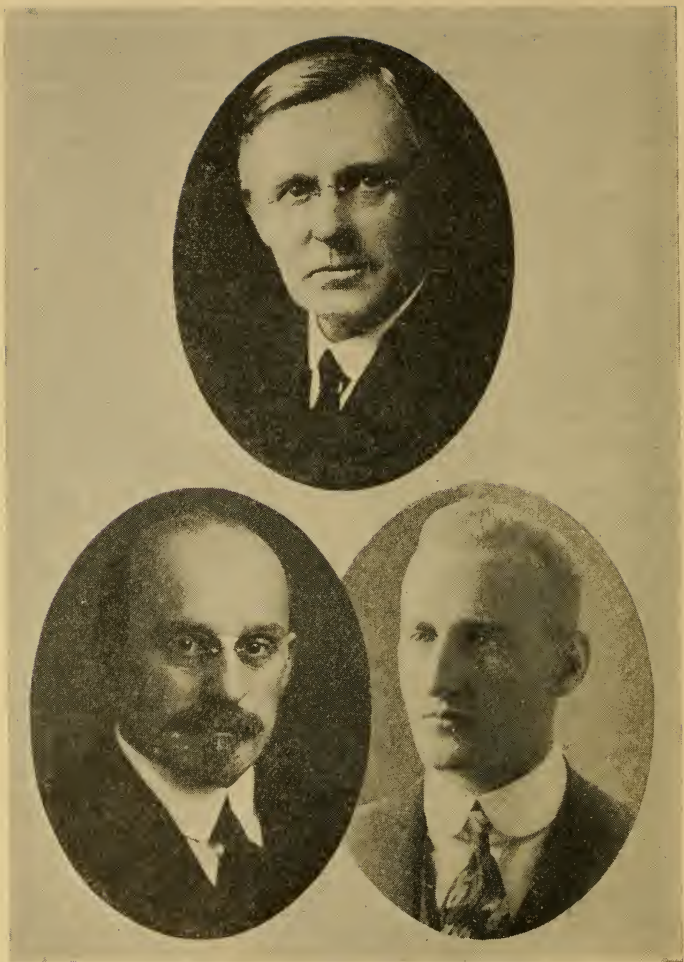
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OFFICIAL VOLLEY BALL RULES

Adopted by Committees Representing

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Young Men's Christian Association Athletic League
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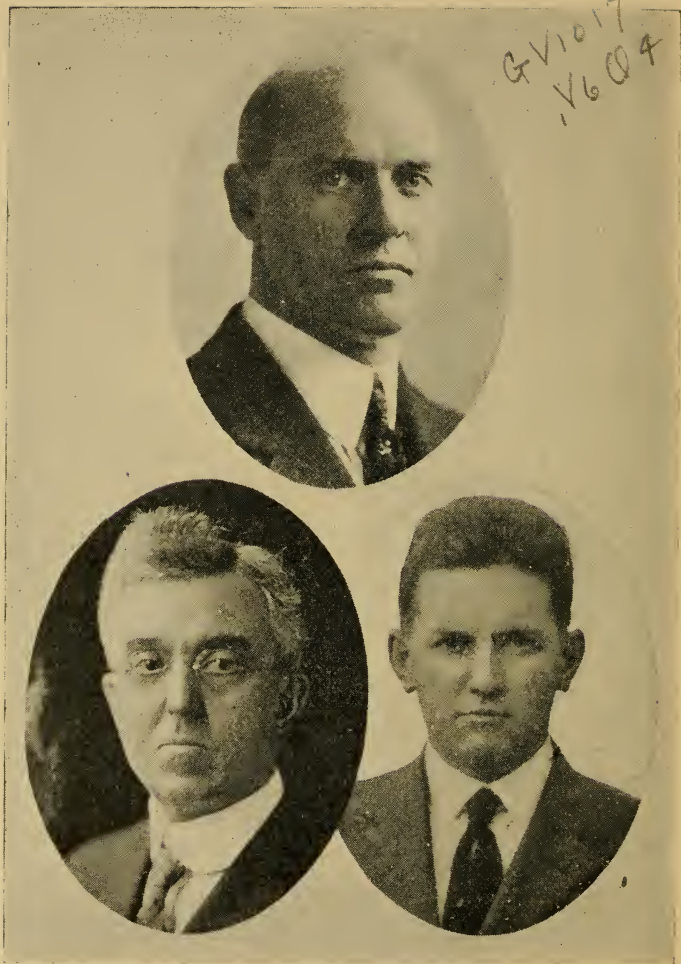
GEORGE J. FISHER, M.D.

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Dr. John Brown, Jr. (at top), Chairman, New York; Charles C. Robbins (left), Chicago, and Robert C. Cubbon, Brooklyn.

COMMITTEE REPRESENTING THE YOUNG MEN'S
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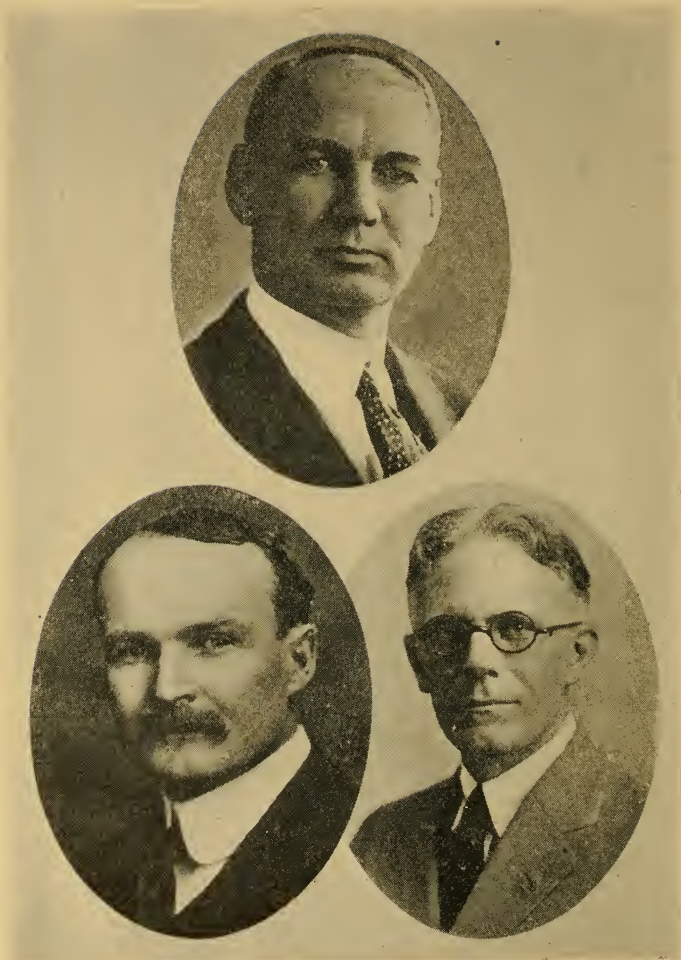
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Dr. George J. Fisher (at top), Chairman; E. M. Martin (left), New York,
and George W. Ehler, New York.

COMMITTEE REPRESENTING THE BOY SCOUTS
OF AMERICA

Introduction

BY GEORGE J. FISHER, M.D.

Volley Ball, like basket ball, is a relatively new game. It was originated in 1895. Again it was like basket ball in that it was developed by the Young Men's Christian Association. Mr. William G. Morgan of Holyoke, Mass., was the inventor. The game has become exceedingly popular and is now played in practically every country in the world. It requires little space, can be played indoors or out of doors, is not expensive, can be adapted to large numbers, does not require great skill to make it enjoyable and there is very little danger of bodily injury.

Up to the year 1916 the rules of the game were published in the handbook of the Athletic League of the Young Men's Christian Association and were framed by the members of the Physical Directors' Society of the Y.M.C.A.

In 1916 Dr. George J. Fisher, then Secretary of the Physical Department of the Young Men's Christian Association, proposed to the National Collegiate Athletic Association that the latter unite with the Y.M.C.A. in issuing the rules jointly, which proposal was accepted and the rules in 1916 were published in the Spalding Athletic Library.

In 1920 the rules were revised and again published under the auspices of the two organizations. This edition of the rules contained quite radical changes based upon experiences with the game in the Far East. Mr. Franklin Brown made very original contributions to the game, which adapted it more fully for championship purposes.

The present rules show but few essential changes. Those that have been made are in the interest of clarity and are described in a succeeding article.

A new feature of the rules is an index prepared by Mr. Robbins of Chicago, which will greatly facilitate the finding of rules touching specific plays.

The number of agencies joining in the adoption of the rules has been increased to four and consists of the organizations and committees as is indicated in the appended list.

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George W. Braden (at top), Chairman, Philadelphia; Lee Hanmer (left), New York, and Dr. William Burdick, Baltimore.

COMMITTEE REPRESENTING THE PLAYGROUND AND
RECREATION ASSOCIATION OF AMERICA.

Changes in and Interpretation of Volley Ball Rules

BY JOHN BROWN, JR., M.D.

Taken as a whole the Volley Ball Rules as adopted in 1920 met with very general approval throughout the country. All the revisions then made have added greatly both to the popularity and science of the game. In revising these rules this year the Committee has continued to work with these two objectives constantly in mind.

In studying these revisions, suggestions have been received from many different sources and from all parts of the United States and Canada and, also, from other countries. While some of the changes are relatively unimportant, a number of exceedingly important revisions have been made.

Catching or Holding the Ball.

There has been much confusion and difficulty because of a wide variation in the interpretation and application of Rule VII, Section 10, relating to catching or holding the ball. To clarify the statement of this rule the following sentence has been added: "*Scooping, lifting, shoving or following the ball shall be considered as holding.*" In other words, the player must hit or strike the ball without his hands remaining in contact with the ball longer than the time necessary to make the impact which instantly drives the ball from his hands.

This prohibits the play which is quite frequently seen in which a player receives a very low ball and carries his hands down with the ball several inches before beginning his upward movement, then slowly lifting the ball—his hands continuing in contact with the ball—for a distance of six to twelve inches, before the ball actually leaves his hands. The same is true of the play in which the player receives a high ball over his head and carries the ball back in contact with his hands for several inches before beginning the forward movement, the hands still remaining in contact with the ball for six or twelve inches before the player gives final drive and direction to it.

One of the most frequent violations of this rule occurs when a player at the net jumps to "kill" the ball and in so doing, receives and "handles" the ball in such a way that the ball is actually in contact with his hands for an appreciable length of time before he makes his last move.

Reaching Over the Net.

Perhaps the next point concerning which there has been the greatest amount of discussion relates to the question of a player reaching over the net, especially when following the ball. While some close students of the game are of the opinion that reaching over the net should be permitted under any circumstances, provided the player does not touch the net, the great consensus of opinion is very decidedly in favor of the rule which the Committee has adopted to the effect that, *Reaching over the net, under any circumstances whatsoever, constitutes a foul.*" (Rule X, Section 9.) Under this rule a player cannot even follow the ball over the net. This rule is both simple and explicit and it is hoped that its application will speed up the game and do away with all the questioning regarding the net play.

Net Players only to "Kill" the Ball.

In many quarters there has been a great deal of dissatisfaction because of the style of play which some teams have perfected in which one or two players, specially qualified, are trained to become expert "killers" or "spikers." The other players are coached to feed the ball to these specialists. There is no objection to this play when these specialists are playing the net position, but there is objection to this style of play being continued when these players are in a back position.

To overcome this difficulty and to encourage every man playing each position in turn, and to give all equal opportunity, Rule X has been amended by adding "Section 15": *"A player may not 'spike' or 'kill' the ball when he is playing a back position. Note.—This is to prevent one-man monopoly and to encourage team play. This rule should not be interpreted to prevent regular volleying by back players. In other words, a player who is in a back position, when the ball is put into play, cannot run forward to a net position and 'kill' or 'spike' the ball."*

Player Touched by the Ball.

Rule VII, Section 8, has been revised to make the original intent of the rule clearer: *"A player who touches the ball, or is touched by the ball when it is in play, shall be considered as playing the ball."* The point in this rule is with reference to the ball touching a player being considered as a played ball and therefore counting just the same as though the player had intentionally played the ball.

Service.

Rule VIII, Section 6, has been amended by including, *"touches the net."* This is to make more clear the fact that a "net ball" on the service puts the "side out." Only one serve is allowed on the service.

Replacing Player.

Provision has been made in Rule IV, Section 5, for replacing a player who has been previously withdrawn from the game, except in cases where he has been disqualified for ungentlemanly or unsportsmanlike conduct.

Double Foul.

Rule X, Section 7, has been added to indicate the proper procedure where fouls are committed simultaneously by players on opposing teams: *"In case of a double foul the ball shall be played over."*

Center Line.

The play below the net has been the subject of keen discussion. Some advocate the net going all the way down to the floor, others would permit a player to step into the opponents' court, provided there is no actual contact or interference with opponents.

In the light of many suggestions which have been submitted, and after very thorough discussion, Rule I, Section 5, was adopted, which provides that *"A center line, two inches in width, shall be painted immediately beneath and parallel to the net."*

Rule X, Section 12, has also been added, which makes it a foul for a player to *"touch the floor on the opposite side of the center line."* It is still permissible for any part of a player to project underneath the net into the opponents' court, provided he does not touch the floor or the net, or interfere with an opponent.

The Scorer.

There has been very general demand for the inclusion of a scorer among the designated officials in match games. Rule 5 has therefore been amended so as to include a *"Scorer"* among the officials. The duties of the scorer are outlined in Rule VI, Section 5, as follows: *"The scorer shall keep the official score and make decisions regarding crossing the center line below the net. The scorer may also assist the referee in any other manner which may be agreed upon by the referee and the scorer."*

This makes it possible for the referee and scorer to arrange between themselves how they shall divide their official responsibilities in the best interests of the game, depending upon local conditions.

Tie Score at 14-14.

Complying with a very general demand, Rule XI, Section 3, has been added: *"When the score is tied at 14-14 it shall be necessary for one team to score two successive points (making a total of 16 points), in the same service, to win. When only one point is made on the service, the score reverts to 14-14."*

The purpose of this rule is to minimize the chances of a keenly contested game being won by a "fluke."

The Importance of Uniform and Strict Adherence to and Interpretation of Official Rules.

Volley ball is fast becoming a popular and scientific game. Today it is played in more countries, by more people, than any other game. The rapid spread and increase in the popularity of the game is in itself sufficient evidence to warrant the belief that it will soon become one of the standard major games in all lands. For this and many other reasons it is absolutely necessary that there should be a uniform and strict adherence to and interpretation of the official rules.

Just because volley ball is relatively a new game, is no more reason why liberties should be taken in modifying the volley ball rules locally than would be taken by a base ball, basket ball or foot ball team or coach. Physical directors^a are particularly urged to teach and insist upon the game being played according to official rules contained in this book.

During the past year there has been a remarkable increase in the number of games played between teams representing different organizations. City and state tournaments, leagues and championships are being promoted on a large scale. Obviously, there can be but one set of standard rules, if misunderstanding and friction are to be avoided and sociability and friendliness, and character-development, promoted.

The Committee, therefore, officially calls upon all lovers of clean sport and all those who play and are interested in the promotion of volley ball, to do their utmost to encourage the use of the official rules, without any modification whatsoever, except in such matters as size of the court and other matters which cannot possibly be avoided. The Committee will welcome heartily any suggestions, from any source, which may be for the improvement of the game.

Volley Ball Rules

Copyright, 1922, by the Joint Rules Committee (representing the National Collegiate Athletic Association, the Young Men's Christian Association Athletic League, the Boy Scouts of America and the Playground and Recreation Association of America).

RULE I. GROUNDS.

SECTION 1. For the outdoor game the playing surface shall be a rectangular court not more than 90 feet long and 45 feet wide. Outdoor Court.

NOTE—A court 80 feet by 40 feet gets best results and is generally used in match contests.

SEC. 2. For the indoor game the playing surface shall be a rectangular court not more than 70 feet long and 40 feet wide, free from obstructions and having a height of 15 feet or more which is free from apparatus or other obstructions or projections. Indoor Court.

NOTE—A court 60 feet by 30 feet gets best results and, where conditions permit, is generally used in match contests.

SEC. 3. For playing singles or doubles the court may be one-half the width of the full indoor court. Singles and Doubles.

SEC. 4. The court shall be bounded by well defined lines two inches in width, and which shall be at every point at least three feet from walls or any obstructions. The lines on the short sides of the court shall be termed the "end lines," those on the long sides the "side lines." Boundary Lines.

SEC. 5. A center line, two inches in width, shall be drawn on the court immediately beneath and parallel to the net. Center Line.

RULE II. BALL.

The ball shall be round and shall consist of a rubber bladder covered with a leather case. It shall be not less than 26 inches nor more than 27 inches Ball.

RULE II.

in circumference, and shall weigh not less than eight ounces nor more than ten ounces.

NOTE—When playing outdoors, by mutual consent a slightly heavier ball may be used, but it shall not exceed 12 ounces in weight.

RULE III. NET.

Net. The net shall be at least three feet wide and of sufficient length to reach from boundary to boundary. The meshes shall be small enough to prevent the passage of the ball through the net. It shall be tightly stretched by the four corners between walls or uprights which are entirely outside the court, and shall cross the court midway between the end lines and parallel to them. The top line shall be level and measure eight feet from the center to the ground.

Height.

RULE IV. TEAMS.

Number of Players. SECTION 1. The teams shall be composed of an equal number of players, said number to be decided upon by the managers after the size of the court has been ascertained.

Outdoor Game. SEC. 2. In all official outdoor matches teams shall be composed of twelve players.

Indoor Game. SEC. 3. In all official indoor matches teams shall be composed of six players.

NOTE—The requirements of Sections 2 and 3 may be changed by agreement between the managers.

Substitutes. SEC. 4. A substitute may take the place of a player only when the ball has been declared dead. He shall first report to the **Referee**.

Player Taken Out. SEC. 5. A player taken out of a game may not re-enter the same game, but he may play in any subsequent game of the same match, except as provided for in Rule 12.

RULE V. OFFICIALS.

The officials shall be a **Referee**, a **Scorer** and two **Linesmen**.

RULE VI. DUTIES OF OFFICIALS.

SECTION 1. The **Referee** shall be the superior **Referee**. official of the game. He shall decide when the ball is in play, when it is dead, when a point has been made, when side is out, and shall impose penalties for all violations of the rules (see Rules X and XI).

SEC. 2. The **Referee** shall have the power to make decisions on violations of the rules committed at any time from the beginning of play to the end of the match. This includes the periods when the game may be momentarily stopped for any reason.

SEC. 3. The **Referee** shall station himself at one end of the net in a position that will give him an equally clear view of both courts.

SEC. 4. The **Referee** shall make line decisions on his own side line.

SEC. 5. The **Scorer** shall keep the official score **Scorer**. and make decisions regarding the crossing of the center line below the net.

The **Scorer** may also assist the **Referee** in any other manner which may be agreed by the **Referee** and the **Scorer**.

SEC. 6. The **Linesmen** shall station themselves **Linesmen**. at opposite ends of the court and on the side opposite the **Referee**, so that each has two lines in plain view, and whenever the ball strikes the ground near a line the **Linesman** nearest the point of contact shall call "Good" or "Out."

SEC. 7. Upon request, the **Linesmen** shall report to the **Referee** their views of any circumstance about which he may be uncertain.

RULE VI.

SEC. 8. Before the game the Linesmen shall secure from each manager or captain the serving order of the teams, and shall see that the players follow the serving order and rotate in position.

RULE VII. DEFINITION OF TERMS.

Own Court.
Opponents' Court.

SECTION 1. The court occupied by a team shall be called its own court; that occupied by the opponents, the opponents' court.

Serving Order.

SEC. 2. The order in which the teams are to serve shall be called the "serving order."

Rotation.

SEC. 3. The shifting of the men in position shall be called "rotation."

Service.

SEC. 4. A "service" is the putting of the ball in play by an eligible man, by batting it over the net into the opponents' court in any direction with one or both hands while standing with both feet wholly behind the back line of the court.

Point.

SEC. 5. "Point" shall be called when the team receiving fails to return the ball legally to the opponents' court.

"Side Out."

SEC. 6. "Side out" shall be called when the team serving fails to win its point or plays the ball illegally.

Dead Ball.

SEC. 7. The ball is "dead" after "point," "side out," or any other decision temporarily suspending play.

Playing
the Ball.

SEC. 8. A player who touches the ball, or is touched by the ball, when it is in play shall be considered as playing the ball.

Out of Bounds.

SEC. 9. The ball is out of bounds when it touches any surface or object, or the ground outside of the court. A ball touching a boundary line is good.

RULE VII.

SEC. 10. When the ball momentarily comes to rest in the hands or arms of a player he shall be considered as catching or holding the ball. The ball must be clearly batted. Scooping, lifting, shoving or following the ball shall be considered as holding.

Catching
or Holding
the Ball.

SEC. 11. A player touching the ball more than once with any part of his body when the ball meanwhile has not been touched by another player shall be considered as "dribbling."

Dribbling.

SEC. 12. Any player committing any act which, in the opinion of the **Referee**, tends to slow down the game unnecessarily shall be considered as delaying the game.

Delaying
the Game.

RULE VIII. COURTS AND SERVICE.

SECTION 1. The captains shall toss for courts or service. The winner of the toss may choose either to take the first service or his choice of courts.

Captains Toss.

SEC. 2. At the opening of the game the ball shall be put in play by the first player on the serving order of the team which is to begin service.

Order.

SEC. 3. Each server shall continue to serve until the **Referee** calls "side out."

Continuity.

SEC. 4. Service shall alternate as "side out" is called.

Alternation.

SEC. 5. The team receiving the ball for service shall immediately rotate one position. If the team forms in two lines, the rotation shall be clockwise; if the team forms in more than two lines, the odd lines, beginning with the forwards, move to the right.

Rotation.

SEC. 6. When a served ball touches the net, passes under the net or touches any player, surface

Illegal
Service.

RULE VIII.

or object before entering the opponents' court, "side out" shall be called.

Serving
Out of Turn.

SEC. 7. If a player serves out of turn, "side out" shall be called and any points made on his service before the error was discovered shall not be scored.

First Service
in Succeeding
Game.

SEC. 8. The team losing the previous game shall have the first service in the succeeding game.

Changing
Courts.

SEC. 9. Teams shall change courts at the end of each game.

Changing
Courts in
Middle of
Game.

SEC. 10. If wind, sun or some other circumstance favors one court, the teams may change courts as soon as either team has scored eight points in any game instead of at the end of the game, but the service continues with the player who has just scored the eighth point. The Referee shall decide.

RULE IX. PLAYING THE BALL.

Any Part
of Body
Above Hips.

SECTION 1. The ball may be batted in any direction, and a player may use any part of his body above the hips in playing the ball.

Ball
Touching Net.

SEC. 2. A ball other than a service touching the top of the net and going over into the opponents' court is still in play.

Recovery
from Net.

SEC. 3. A ball other than a service may be recovered from the net, provided the player avoids touching the net.

Ball may be
Touched Only
Three Times

SEC. 4. The ball may be touched only three times by one team before being returned over the net.

NOTE—This does not prevent a man from playing the ball twice, provided the rule against dribbling is not violated; that is, a man may be the first and third to play the ball. This means, of course, that he is also eligible on his second play to return the ball over the net.

RULE X. POINTS AND SIDE OUT.

If any player of the serving team commits any of the following acts, it shall be "side out"; if any player of the receiving team commits any of the following acts, one point shall be scored for the serving team:

(1) Cause the ball to go out of bounds or under the net.

(2) Catch or hold the ball.

NOTE—The enforcement of this rule is most important. See Rule VII, Sec. 10.

(3) Dribble.

(4) Allow the ball to touch his person or clothing below the hips.

(5) Play the ball while he is raised off the ground by any player or object.

(6) Touch the net with any part of the body at any time except when the ball is "dead." However, if two opponents touch the net simultaneously, neither "point" or "side out" shall be called; the ball is dead and shall be served over.

(7) A Double Foul shall be called when players on opposing sides commit a foul simultaneously. In case of a Double Foul the ball shall be played over. Double Foul.

(8) Touch the ball when it already has been played three times before being returned over the net.

(9) Reach over the net under any circumstances whatsoever. Over Net.

(10) Serve out of turn.

(11) Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering their court. Under Net.

RULE X.

(12) Touch the floor on the opposite side of the center line.

Off-Side. (13) Enter opponents' court in an attempt to recover the ball, except that reaching under the net with one or both hands but keeping the feet in own court is allowed.

Delay. (14) Persistently delay the game.

(15) A player may not "spike" or "kill" the ball when he is playing a back position.

NOTE—This is to prevent one-man monopoly and to encourage team play. This rule should not be interpreted to prevent regular volleying by back players. In other words, a player who is in a back position, when the ball is put into play, cannot run forward to a net position and "kill" or "spike" the ball.

RULE XI. SCORING.

SECTION 1. Failure of the receiving team to return the ball legally over the net into the opponents' court shall score one point for the team serving (see Rule X).

15 Points
Game.

SEC. 2. The team first scoring 15 points shall be declared winner of the game, except as provided in the following section.

Extra Point
Game.

SEC. 3. When the score is tied at 14—14 it shall be necessary for one team to score two successive points (making a total of 16 points), in the same service, to win. When only one point is made on the service, the score reverts to 14—14.

Number of
Games in Match
or Championship.

SEC. 4. The number of games necessary for the winning of a match or championship shall be determined by the Championship Committee. If there is no Championship Committee, the managers of the contesting teams shall decide.

RULE XII. CONDUCT OF PLAYERS.

The **Referee** shall have power to disqualify for the remainder of a match any player committing any of the following or other gross violations of sportsmanship:

(1) Persistently address the officials in regard to decisions.

(2) Make derogatory remarks about the officials.

(3) Commit acts derogatory to the officials, or actions tending to influence their decisions.

(4) Make personal or derogatory remarks about opponents.

A substitute shall take the place of a disqualified player.

RULE XIII. FORFEITED GAME.

Any team refusing to play after receiving instructions to do so from the **Referee** shall forfeit the game or match.

RULE XIV. DECISIONS.

SECTION 1. Decisions of the officials as to matters of fact are final.

Matters
of Fact.

SEC. 2. Decisions pertaining to the interpretation of the rules may be called into question at once, but only by the captains of the contesting teams.

Interpretation

SEC. 3. When a question pertaining to interpretation of the rules has not been settled conclusively but will be carried to higher authority for decision, the game shall proceed as before, the **Referee** making proper note of the protest.

Protests.

RULE XV. TIME OUT.

Time Out may be called by the **Referee** only, but the ball shall be in play until the whistle is blown by the **Referee**. The number of "Time Outs" shall be optional, except as provided in Rule 7, Sec. 12; Rule 10, Sec. 14, and Rule 12.

Index to Rules

(Sections of rules in parentheses)

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 Rule 7 (9), Rule 10 (1).
Captains..... Rule 6 (8), Rule 8 (1).
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Terms..... Rule 7.
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Time Out.... Rule 15.
Walls..... Rule 1, Rule 10 (5).
Wind..... Rule 8 (10).

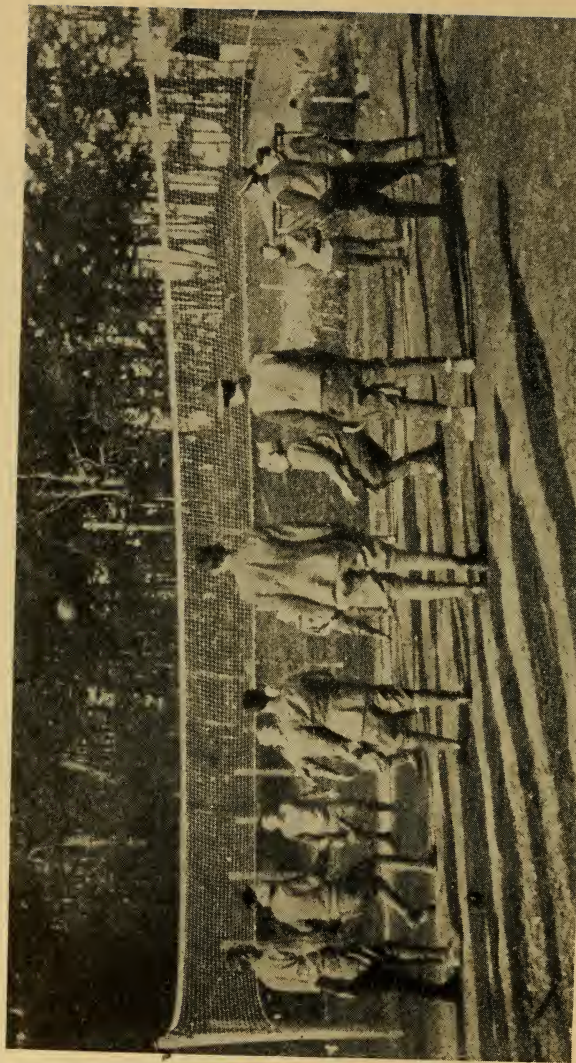
Suggested Scoring Table

By J. Y. CAMERON, BUFFALO, N. Y.

This method of scoring gives two definite results: (1) The total score and (2) the number of points made on each player's serves. Because of the particular nature of volley ball as a game, it would be quite difficult to perfect an elaborate scheme showing assists, errors, etc., as in base ball and other games, but the illustration gives the line-up, serving order, points made on each player's serves and the total score. Its simplicity is obvious. If more players on a side are used or more innings necessary, it is easy to make the additions.

Chicago	1	2	3	4		Boston	1	2	3	4	
Jones	1	0	11	0		Peterson	1	0	1	0	
Brown	1	1	0	1		Davis	11	0	1	0	
Smith	0	11	0	0		Deitzer	1	1	0	11	
Thomson	0	1	1	1		Phillips	11	0	1		
Dewitt	1	0	1			Hammer	1	0	0		
Fisher	1	1	0			Herrick	1	0	0		
	4	5	4	2	15		8	1	3	2	14

The name at the top is the first server and the scoring naturally follows, going down the column. A space at the bottom gives the score by rounds.



VOLLEY BALL WAS CARRIED TO THE AMERICAN SOLDIERS IN THE PRISON CAMP AT RASTATT, GERMANY.

Volley Ball and the Y. M. C. A.

BY ROBERT C. CUBBON, BROOKLYN.

Volley ball, like basket ball, had its inception in the Y.M.C.A. (Volley Ball, Holyoke, Mass., Y.M.C.A., 1894, and Basket Ball, Y.M.C.A. College, Springfield, Mass., 1892) and it has also seen its greatest growth in the Y.M.C.A.

From a purely after-class volleying or recreative activity it has developed into a fast scientific game and it is one of those few games contained in the American sport curriculum that physiologically fits or adjusts itself to any group. The "teen" age boy, the young man, the younger business man and the business man all find that volley ball contains different fascinations and benefits for different groups.

Too many of our games are too strenuous for the man who is majoring in business or for the growing boy, but this is not true of volley ball, for it produces a safe and sane by-product of foot-pounds of work and the constant reaching required, particularly overhead, begets flexibility and better posture.

There are a few who regret the passing of the old volleying game, but the new fast and scientific game, with its boosters and spikers highly developed, has come to stay and "Servus Ball" and "Pass Ball" will better fill the other need.

It required about fifteen years of experimentation and playing to produce interesting inter-Association contests and since 1910 interest has demanded district and state championship series and quite recently regional contests. (The Northwestern Volley Ball Association with headquarters in St. Paul has representative teams in Y.M.C.A.'s located in five adjoining states.) State championships are regularly scheduled in Massachusetts, Rhode Island, Connecticut, New Jersey, Colorado and some other states and the first National Y.M.C.A. championships took place at Brooklyn Central Y.M.C.A., in April of 1922.

Volley Ball is an inseparable companion of the Red Triangle Athletic Director, and wherever he goes, in the city gymnasium, the shops, the stores, the foreign field and the armies and navies of the world, volley ball follows in his wake.

Sociologically, physiologically, climatically and racially speaking, volley ball has that happy faculty of "fitting in" to such an extent that it has a rightful claim to be styled "The First International Game."



1, Volley Ball game at National Sugar Refining Company, Long Island City, under auspices Long Island City Industrial Y.M.C.A., New York. 2, Volley Ball at Lovell Manufacturing Company plant, Erie, Pa., under auspices Y.M.C.A.

VOLLEY BALL IN THE INDUSTRIES.

Volley Ball in the Colleges

BY GEORGE L. MEYLAN, M.D., COLUMBIA.

Interest in volley ball is growing steadily in the colleges. Thus far, the game has not figured in intercollegiate competition, but it holds an important place in the programme of prescribed physical education courses. The game is played both indoors and outdoors.

In some institutions match games and tournaments are held between teams representing college classes or various departments.

Volley ball is also very popular with faculty members in many colleges. In Ohio the game has reached such a degree of popularity that the proposition has been made to arrange some intercollegiate matches between teams made up exclusively of faculty members.

Volley Ball in Industry

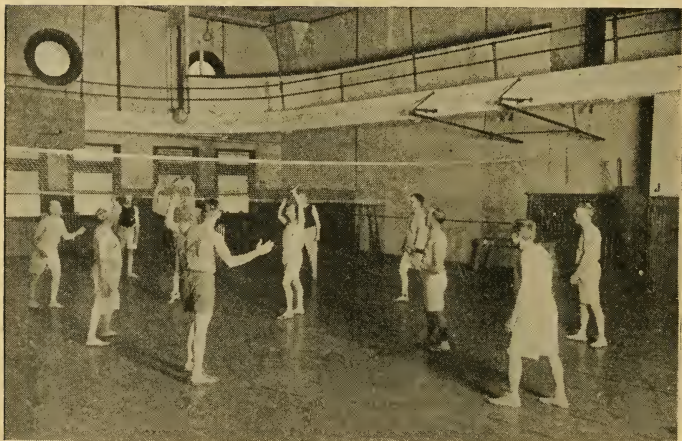
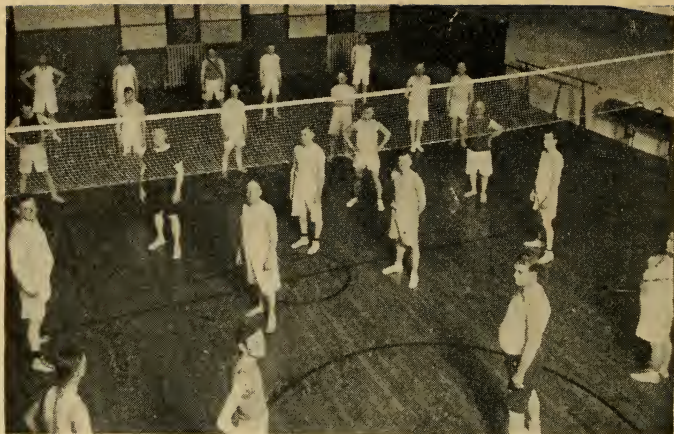
BY HENRY F. KALLENBERG, M.D.

The rapid development of interest in volley ball on the part of men and boys in industry is nothing short of marvelous. Not only are there countless twilight and other volley ball leagues composed entirely of industrial workers, but thousands of men and boys are playing the game during the noon hour in spaces between buildings, between rows of box-cars, between piles of pig iron, on eighteen foot sidewalks and on all kinds of available space, indoors as well as outdoors.

Volley ball is the most popular game in industry, because it requires very little equipment, can be played in a limited space, requires very little skill at the outset and can be played in overalls.

Furthermore, the game takes the place of "crap shooting," dirty stories and unprofitable gossip. But, best of all, the game furnishes a type of wholesome recreation that enables the men to forget their troubles, dispels the "grouches" and helps to dissipate prejudices and race hatred because men can not have fun together and still dislike one another.

It's a great day for that industry when the executives play with or against their men in volley ball, because men who play together soon learn to know each other better. There is no one single thing that is doing more to bring management and men together than volley ball, because of the friendly feeling developed through the social contact made possible by the game.



SCENES IN THE HOLYOKE Y.M.C.A. GYMNASIUM WHERE VOLLEY BALL ORIGINATED AND IS STILL GOING STRONG.

Girard, Photos.

Volley Ball for Business Men

BY CHARLES C. ROBBINS.

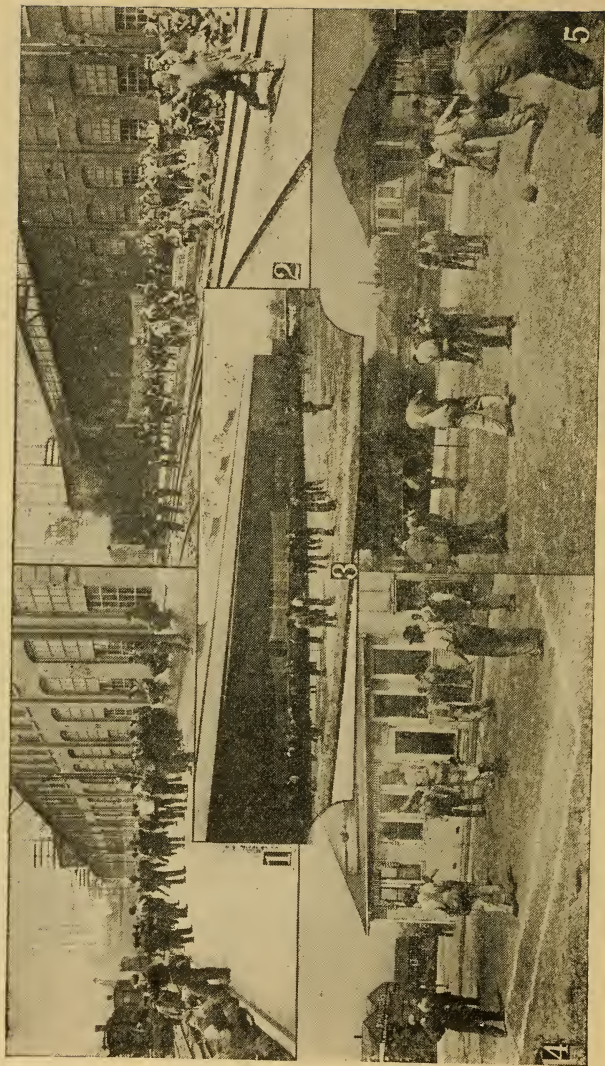
We business men enjoy our recollections of pre-business days which were vibrant with the ever-present spirit of play. We did not think of exercise then. If we are frank, most of us easily admit that we still love to play as well as ever, and in Volley Ball there has surely been found a delightful medium of exercise, comradeship and joy-producing, youth-renewing, combative play spirit, adaptable to all ages included within our ranks.

For us Volley Ball combines the advantage of an all-year-round game, simple for the beginner yet with abundant opportunity for indefinitely continued improvement. The expert is ever keen to develop his game and after years of experience still goes to the court with zest for further improvement. Teams of business men appreciate the comradeship which the game develops, and meetings with rival teams furnish all the competition the most active men desire. Easily arranged either as a group game or for more formal team competition, Volley Ball furnishes opportunity for all ages to mingle on a reasonably equitable basis, a highly desirable and unusual feature of most physical games.

At first seemingly simple, further acquaintance unfolds an almost endless vista of possibilities in individual and team development. Without too much technical requirement, Volley Ball produces or revives co-ordination, quick thinking, co-operation, team spirit and, at the same time, furnishes a most essential and enjoyable exercise.

Thousands of men throughout this country have come under our observation as players in this splendid game, and this brief summary of a part of its advantages to business men is printed here solely that the experience of those now playing may persuade other thousands also to become disciples of Volley Ball, thereby adding to length of life and to the joy of living.

Business Men—Play Volley Ball!



1 and 2, First efforts at volley ball, machine shop of Southern Works of Illinois Steel Company, Chicago, Ill. 3, 4 and 5, Industrial Department League, Oakland (Cal.) Y.M.C.A., noon hour games.

VOLLEY BALL AT INDUSTRIAL PLANTS.

First National Championship Volley Ball Tournament

Pittsburgh Central Y.M.C.A. had the honor of winning the first national championship in volley ball ever held; Germantown's "Big Red Team" was second and the "Big Six" aggregation of Johnstown was third. A fourth Pennsylvania city landed fourth position, the "Sou'westers" of Philadelphia attaining that rank.

While the Keystone State monopolized the places in the initial championship, the entry was not by any means confined to that section of the Union. On the courts of the Brooklyn Central Y.M.C.A., which was the scene of competition, April 28-29, 1922, there were teams from eleven states and some from the Dominion of Canada. Pueblo, Colorado, sent its representatives to the meet and so did Toronto, Ontario. There was also a team from as far East as Newport, R. I., and when players from Colorado are joined by those of New England and Canada and by players intermediate between the Rocky Mountains and New England, it is not difficult to realize the remarkable hold that volley ball has obtained.

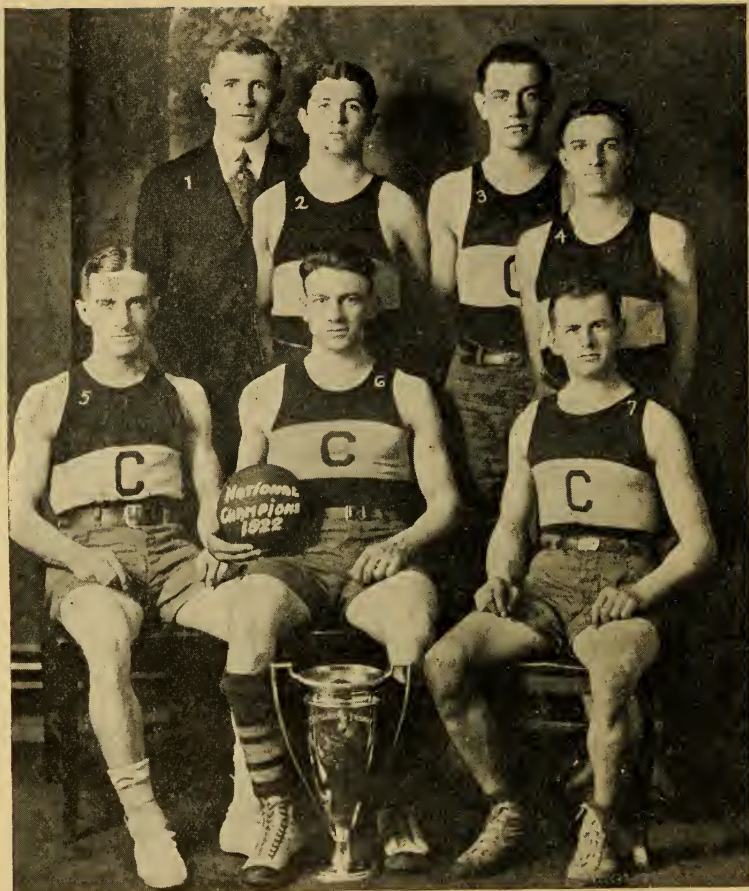
Twenty-three teams were in the competition and 89 games were played. It was mutually agreed that the final should be a round robin, decided upon a percentage basis. The national title was involved in its play and the result was as follows:

PERCENTAGE STANDING.				Won	Lost	P.C.
Pittsburgh Central	7	2	.777
Germantown	6	3	.666
Johnstown	4	5	.444
Philadelphia S.W.	1	8	.111

The scores in the final were as follows:

	Scores			Won.	Lost.
Pittsburgh Central.....	15	15	15	3	0
Philadelphia S.W.....	10	10	5	0	3
Pittsburgh Central.....	10	8	15	1	2
Germantown	15	15	13	2	1
Pittsburgh Central.....	15	15	15	3	0
Johnstown	9	7	7	0	3
Germantown	11	15	15	2	1
Johnstown	15	8	9	1	2
Germantown	14	15	15	2	1
Philadelphia S.W.....	15	4	12	1	2
Johnstown	15	15	15	3	0
Philadelphia S.W.....	2	11	12	0	3

In the first round, which was best two out of three, five pairs went to the limit of three games for a decision. Although Philadelphia Southwestern lost in the first round they were the winner in the consolation and competed in the final round against Pittsburgh



1, H. A. Batchelor, Physical Director and Coach; 2, John Weible; 3, David H. Blaney; 4, Steven Myers; 5, Owen L. Cochran; 6, Edward L. Maurer, Captain; 7, Louis Emmel.

PITTSBURGH CENTRAL Y.M.C.A. VOLLEY BALL TEAM,
Winners First National Volley Ball Championship of the United States; held at Brooklyn, N. Y., April 28-29, 1922; Spalding Cup emblematic of championship.

SPALDING'S ATHLETIC LIBRARY.

Central, Germantown and Johnstown. The results of the first round were as follows:

Won.	Lost.	Scores.
Germantown.....	Bedford	15-0, 14-15, 15-9
Columbus.....	Rahway	15-14, 14-15, 15-8
Lancaster.....	Philadelphia S.W.....	15-12, 8-15, 15-7
Bridgeport.....	Paterson	15-9, 8-15, 15-6
Pittsburgh Central.....	Perth Amboy.....	12-15, 15-10, 15-11
Evansville.....	Newport	15-14, 15-2
Bay City.....	Bayonne	15-1, 15-7
Philadelphia Central.....	Toronto	15-2, 15-8
Johnstown.....	Binghamton	15-8, 15-14
Brooklyn Central.....	Worcester	15-2, 15-8
Pueblo.....	Glens Falls.....	15-8, 15-8
New Haven, a bye.		

In the second round but two of the matches went to three games and Bay City and Johnstown were the winners of those. The results of the second round were as follows:

Won.	Lost.	Scores.
Bay City.....	Lancaster	15-14, 10-15, 15-9
Johnstown.....	Philadelphia Central.....	8-15, 15-8, 15-11
Germantown.....	New Haven.....	15-5, 15-11
Evansville.....	Columbus	15-2, 15-11
Brooklyn Central.....	Bridgeport	15-4, 15-1
Pittsburgh.....	Pueblo	15-10, 15-8

Up to the semi-finals the games had been good, but when Germantown and Evansville met in the semi-final their match overshadowed everything that had taken place in the tournament. Long experience in the game, combined with excellent passing and non-returnable spiking, gave Germantown well-grounded qualities which were just enough superior to those of Evansville to force that team to defeat, although no easy task. The Evansville players for five years had been the champions of Indiana, but the "Big Red Team" had even a better record, for in the period between 1912 and 1922 the Germantown players had never lost a series and had a record of one hundred and twenty-five straight victories.

Pittsburgh Central, playing consistently from the start, proved too strong for Brooklyn Central in the semi-final. The latter had displayed resources of excellent team work throughout the series, but were not quite up to the standard of their opponents. Johnstown was too strong for Bay City, champions of Michigan, and forced that team out of the tournament. The Philadelphia Southwestern and Perth Amboy teams, finalists in the consolation round, played an exciting game, in which Philadelphia came from behind, after an almost impossible lead by Perth Amboy, and won. The scores of the semi-final round were as follows:

Won.	Lost.	Scores.
Germantown.....	Evansville	15-10, 15-7
Pittsburgh Central.....	Brooklyn Central.....	15-7, 15-6
Johnstown.....	Bay City	10-15, 15-5, 15-9
Philadelphia S.W.....	Perth Amboy.....	15-14, 15-7



GERMANTOWN Y.M.C.A. ("The Big Red Team"), who secured second place in the first national volley ball championship tournament, 1922-1, Fry; 2, Smith; 3, Idell; 4, Buchler; 5, Vorberg; 6, William B. McKarahr, Phys. Dir.; 7, Rappold, Capt.; 8, Wood; 9, Briggs. JOHNSTOWN Y.M.C.A. ("The Big Six"), winners of third place—1, Bossler; 2, Steuer; 3, C. J. Miller, Phys. Dir.; 4, Crichton; 5, Lipman, Mgr.; 6, Edwards; 7, Slick, Capt.; 8, Adams.

In the first round of the consolation matches, Bedford defeated New Haven, 10—15, 15—6, 15—14; Binghamton defeated Toronto, 15—10, 15—4; Perth Amboy defeated Glens Falls, 15—8, 15—3; Newport defeated Rahway, 15—11, 15—8. Paterson forfeited to Worcester and Bayonne to Philadelphia Southwestern.

In the second consolation round Bedford defeated Newport, 15—12, 14—15, 15—8; Philadelphia Southwestern defeated Binghamton, 15—10, 15—10; Perth Amboy defeated Worcester, 15—12, 15—5. In the third consolation round Philadelphia Southwestern defeated Bedford, 8—15, 15—9, 15—8; Perth Amboy defeated New Haven, 15—4, 15—13. The final of the consolation was won by Philadelphia Southwestern from Perth Amboy, 8—15, 15—9, 15—8.

A resolution was adopted at the volley ball dinner which was given at the finish of the tournament by the Central Volley Ball League, and presented to Dr. John Brown, president of the Athletic League, requesting the latter organization to assume the responsibility for the appearance of volley ball on the schedule of the Olympic Games. The teams participating in the tournament presented Director R. C. Cubbon, of Brooklyn Central Y.M.C.A., who supervised all details of the championship, with a stopwatch.

H. A. Batchelor, coach of the champions and physical director of the Pittsburgh Y.M.C.A. Central Branch, is an enthusiastic believer in the possibilities of volley ball. In an interview after the conclusion of the championship contests, Mr. Batchelor said: "I fully realize that many will not agree with me when I state that volley ball is destined to be a greater national game than base ball. If the figures were tabulated for the past year in numbers playing and games played, it would open the eyes of the sporting world. It must be remembered that the game is now being played also in Canada, the Philippines, China, Japan, England, Australia, and other foreign countries.

H. F. Rappold, who captained the "Big Red Team" of the Germantown Y.M.C.A., is not only a player of the first caliber but is also a student of the science of the game. In Mr. Rappold's opinion, what the game needs most of all now is a volley ball officials' association, same as in other branches of sport. These officials should be thoroughly familiar with the game and not only know every rule but know the reasons for certain rulings. These officials should study the various plays and intricate situations which occur during a game. They should agree on certain specific rulings as provided for in the rule book and insist upon strict interpretation of the official rules. Each community throughout the country should organize an officials' association and the men officiating at tournaments or any other important matches should be selected from the approved list of these associations.

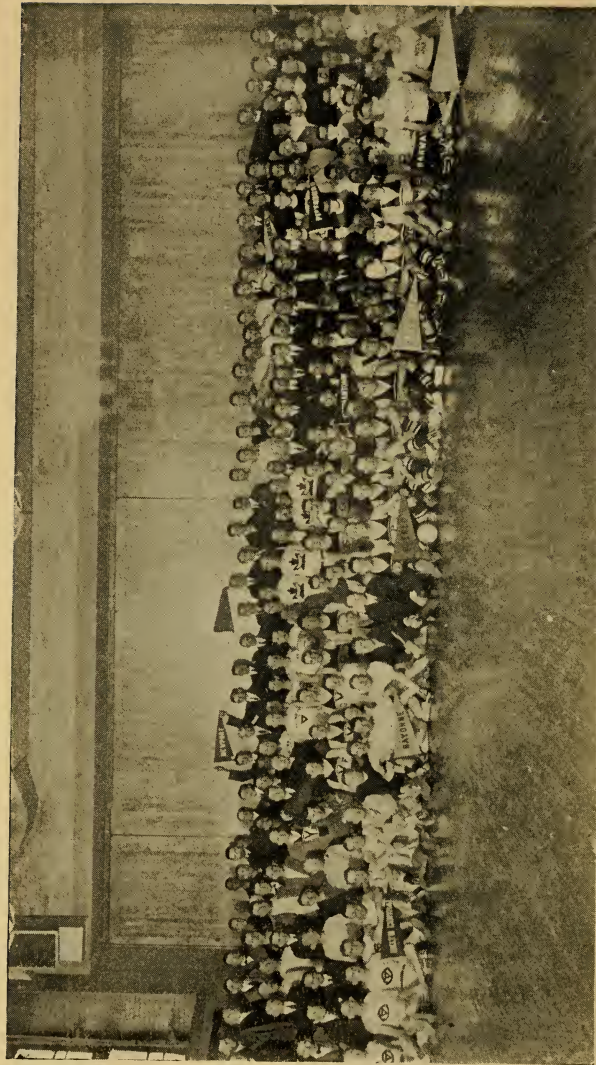
In this connection, it may be mentioned that the very complete index to the rules on page 20 of the Guide is the compilation of Mr. Rappold. In Dr. Fisher's introduction to this edition the compilation was inadvertently credited to Mr. Charles C. Robbins of Chicago, another live wire in the cause of volley ball.



BROOKLYN CENTRAL Y.M.C.A., on whose courts the first national volley ball championship was held, 1922-1, R. C. Cubbon, Phys. Dir.; 2, Holtz, Mgr.; 3, Biers; 4, Larsen; 5, Fryer; 6, Ring, Capt.; 7, Storck; 8, Broad; 9, Feerick. PUEBLO (COLO.) Y.M.C.A., the long distance entry of the championship-1, A. B. Prindle, Phys. Dir.; 2, Storer; 3, Wootton; 4, Labester; 5, McCoy; 6, Lee; 7, Phillips.



SCENE IN FINALS, FIRST NATIONAL VOLLEY BALL CHAMPIONSHIP, BROOKLYN. N. Y., APRIL 28-29, 1922.



GROUP OF CONTESTANTS AT THE FIRST NATIONAL VOLLEY BALL CHAMPIONSHIP, AT BROOKLYN, N. Y.,
APRIL 28-29, 1922.

Volley Ball in the Playgrounds

BY GEORGE W. BRADEN.

Volley ball has for many years been recognized as one of the most popular, serviceable and widely used playground games. Of the 502 cities reporting playgrounds and recreation centers maintained under paid leadership during the past year by The Playground and Recreation Association of America, it is estimated that volley ball was played in practically every one of them. As affecting the increased opportunity for playground volley ball and organization for its larger use it is satisfying to note in the tables on Playground and Recreation Center Statistics for 1921 the increase to 502 cities as against 465 reported in 1920 and also the gain in centers, the total for 1921 being 4,584 as against 4,293 for 1920.

Some of the reasons for volley ball being such a popular and widely used playground game are: (a) It can be safely and enthusiastically played by young and old of both sexes. (b) Those of limited strength, skill and endurance find volley ball a suitable, satisfying and healthful sport, while at the same time it can be used for match games and tournaments demanding a high order of skill and scientific play. (c) For informal games the number of players may vary from five to twenty on a side without destroying the pleasure and profit. (d) The equipment consisting of ball, net and movable or fixed supports for the net is—considering the number of players involved—less expensive than the equipment for most team games. (e) There can be considerable variation in the size of the court or playing space without lessening the fun and physical values. (f) Except for match games, it is not usually necessary for the players to make a change of clothing—this factor making it more serviceable for playground use than certain other games where change of clothing and a shower are not only desirable but necessary.

One factor in increasing the use of the game on the playgrounds has been the introduction of the adjustable and movable net supports. The movable and socket type of net supports make it possible to clear the playing space when desired for mass games, athletics and other organized team games. The ball is really the only part of the equipment which is indispensable for informal—just for fun—play, as children have been seen time and time again playing on a space of odd dimensions and indifferent surfacing with a clothesline stretched between two trees.



1, One of the first games of Volley Ball in the Orient, played by Filipino government employes at Bagui in 1910. 2, Volley Ball in the Sunken Gardens, public play fields, Manila, P. I. Photos Courtesy Elwood Brown.

Volley Ball Around the World

BY ELWOOD S. BROWN,

Secretary for Physical Education, Foreign Department, International Committee, Y. M. C. A.

In practically every foreign country in which "Y" physical directors are at work, volley ball may be truthfully said to have the status of a "major" sport—if by major we think in terms of the number of individuals concerned. Its growth in these faraway lands has been much more rapid than basket ball, base ball or, in fact, any other American-made game, with the exception of indoor base ball (played outdoors in the Philippine Islands).

Volley ball is proving to be a game of universal appeal. It is always played with eagerness and enthusiasm—it gives people everywhere with whom our physical directors work a simple, fascinating place to start their play life—a game where there is a clear objective, something to hit, quick and understandable results, a game not requiring great skill and, hence, does not embarrass or discourage the untrained beginner—and best of all, it unconsciously calls for bending, running, jumping, squatting, twisting, reaching—and it is all downright fun.

These facts were amazingly brought out in the use of the game with the American Expeditionary Forces in France. Soldiers by the hundreds who clearly had never played team games of any sort, who were awkward and backward and who avoided individual performances of any kind, played volley ball with enthusiastic interest. The total participation from July 1, 1918, to July 1, 1919, amounted to nearly a million (985,876) and the distribution of more than 15,000 volley balls by the "Y" alone bears out this statement. An interesting fact in connection with the use of the game with military forces was brought out when volley ball was officially approved by the Army training authorities as a game for use in aviation training camps, as it was an exercise that "brought physical stimulation without fatigue."

Within the short space available for this article on volley ball in foreign lands, it is manifestly impossible to go into details to any degree. The most that can be done is to present a fleeting glimpse of the outstanding interesting features of the game in what might be called a flying trip around the world.

THE FAR EAST.

Philippine Islands—Volley ball was first introduced in the Far East in the Philippine Islands in 1910. It was popular there,



1, China vs. Japan. 2, China vs. Philippines.

VOLLEY BALL AT FAR EASTERN GAMES.

Photos Courtesy Elwood Brown.

beginning with the very first game that was ever played. From the Philippines it has spread to China and Japan and a number of other centers in the Orient. The game was first played by Filipino government employes, but in 1913, when it was officially included as a part of the regular day's order by the Bureau of Education in its recreation programme, it grew with astonishing rapidity. In 1921 it was estimated that 300,000 schoolboys and girls were regularly playing the game (the girls play with a lowered net and a light ball). For the first three years after the introduction of the game, it was a continuous struggle to get the Filipino players to bat the ball over the net into their opponents' territory until every player on one side of the net had struck the ball from one to three times. They seemed to take particular delight in dribbling the ball around the court from one player to another, with no attempt to put it over the net. After doing this for a time the captain would suddenly shout, "Over," and then the next player handling the ball would attempt to put it over the net into the opponents' territory. Under the rules as they were at that time, which did not limit the number of times the ball could be hit on one side of the net before being put over, the game began to degenerate into a silly, futile batting of the ball around between players of one team. I recall a game in Manila in 1912 in which the ball was struck fifty-two times on one side of the net before any attempt was made to put it over.

The Philippine Amateur Athletic Federation officials about this time definitely killed this style of play by introducing the three-stroke rule. It is interesting to note that this was not adopted in America until five years after it had been in successful operation in the Far East. It was largely through the efforts of Franklin H. Brown, National "Y" Physical Director of Japan, that it was adopted in the United States.

China—Volley ball was put on the programme in the first Far Eastern Championship Games, held in Manila in 1913. During these games the Chinese entered a team merely for the purpose of securing practise and experience. While they were easily beaten by the Filipinos, they were also convinced that the game was a good one and went away determined to make a better showing the next time for China. Volley ball first took deep root in the Canton area largely by reason of the fact that the Chinese players who tried it out during the Far Eastern Games in Manila came from Canton. The promotion of the game was actively taken up by Ned Wilbur, a "Y" Secretary in Canton, who wisely got every possible Chinese into the game, instead of simply attempting to develop one or two competitive teams. By 1915, when the second Far Eastern Games occurred in Shanghai, a team had been devel-



1. Volley Ball at Camp Perry, Constantinople, Turkey. 2, Volley Ball in Uruguay. 3. Volley Ball at Tien Tsin, China.

Photos Courtesy Elwood Brown.

oped in Canton that thoroughly scared the Filipinos and came within an ace of beating them. In 1917, at the Far Eastern Games in Tokyo, the Chinese were represented by a team of most amazing skill. They won two out of three games from their strong Filipino opponents and since that time have maintained a higher standard of skill than any other country in the Far East. The Filipinos did manage to win back their title in Manila in 1919, but lost it again in 1921 in Shanghai. The game is, of course, not confined in China to the Canton district but is being played quite generally in schools and colleges and is being very definitely promoted in dozens of centers.

An interesting contribution of the game to the physical ability of many Chinese is being demonstrated by the effect it has of tending to restore the normal use of the arms among those whose forebears were of the patrician or "literati" class—the type that wore the long fingernail as a visible and outward demonstration of the fact that no work was done with the hands. The typical wide sleeve of the Chinese gown was developed to protect these long nails. The result of this was a definite loss of normal physical function of the arms. While the new political regime in China cut off, so to speak, the long fingernails, it could not restore by order the normal physical use of the arms. Volley ball is doing its full share in correcting this great defect.

Japan—Franklin Brown, the "Y" National Physical Director of this country, points out that while the game got a much later start in Japan than in the Philippines and China, the real reason for its slower progress is due to the fact that the Japanese educational authorities have been slow in recognizing the value of team games of any sort in their scheme of physical education. That this mistaken attitude is rapidly breaking down and that volley ball is one of the greatest factors in offsetting this attitude is revealed in the fact that the game is now played regularly at the Tokyo Higher Normal School, the president of which is Dr. Jigoro Kano, the leader of the great judo (modified jiu jitsu) movement in Japan. For almost a generation he has consistently opposed the introduction of team sports of any sort into Japan. This opposition now seems to be withdrawn and the game is being played quite generally throughout the country. The factor of national pride must also be taken into account, as the Japanese are loath to see the Filipinos and Chinese show interest and skill in any game while they trail behind. It is predicted that at the Far Eastern Games in Osaka in 1923, Japan will be represented by a volley ball team that will compete on even terms with the other countries and that behind it will be great numbers playing the game up and down the land.



1, Volley Ball in Poland. 2, Volley Ball at Irkutsk, Siberia. 3, American Soldiers playing Volley Ball in France. Photos Courtesy Elwood Brown.

Korea-Siberia—It would be difficult for a traveler to go through these two countries, particularly to any spot where the Y.M.C.A. has now or ever has had a physical director, and not find somebody somewhere playing volley ball, it may be with a home-made ball and a makeshift net, such as one may see so frequently in the Philippines, but not many days' travel could be made without the visitor witnessing a game between schoolboys, soldiers, or similar groups.

India—Volley ball is played extensively in all the centers where "Y" physical directors are located—Calcutta, Bombay, Madras, Ceylon, Bangalore, Hyderabad, Allahabad and Rangoon. While it is a comparatively new game in India, where by reason of the fact that India is a part of the British Empire, English games predominate, the fact remains that it seems to exercise the same immediate appeal in this country as it does in every other part of the world, and consequently the day is not far distant when it will be one of the commonly accepted sports of that country. It will have a place on the official programme of the first Indian Empire Games, which are scheduled for 1923.

The Near East—Last year the writer visited Smyrna, Constantinople, Cairo, and Jerusalem. Soccer foot ball was seen in Constantinople and Egypt, basket ball in Smyrna and Constantinople, outdoor base ball in Constantinople, but the only game that was observed in all four areas was volley ball. Its growth in these areas, while not so rapid as in the Far East, is none the less progressive and definite.

South America—When volley ball was introduced in South America it was quite generally regarded as a very effeminate sport, as a tame sort of a pastime, and as a game offering little appeal in the way of stimulating exercise and fascinating participation. This attitude has changed in every country in which the game is played—Peru, Chile, Argentina, Uruguay, and Brazil.

Uruguay—In Uruguay in particular, where Mr. Jess T. Hopkins, the Continental Physical Director of the Y.M.C.A., has been the technical advisor to the Government Commission on Physical Education, the game has attained its greatest popularity and widest participation. In Uruguay national championships are conducted, which take place in Montevideo every year. Every playground in the country has splendid courts, and it is never any great task to get up either single volley ball game or a local tournament. Such great interest was taken in the city of Montevideo that it was possible last year to conduct a city league in which teams competed

made up of business men, athletes, playground boys, and many others. The league attracted so much attention and was so interesting that the President of the country presented a beautiful cup to the Y.M.C.A. to be competed for by the clubs in the league.

Brazil—In Brazil, popular interest in the game, which for a number of years had been promoted by H. J. Sims, was greatly stimulated two years ago when the Fluminense Club of Rio employed an American physical director. One of the first things this man did (Mr. F. C. Brown) was to change a number of the idle tennis courts of the club into volley ball courts. Here again men who had been brought up, so to speak, on soccer foot ball looked at first with contemptuous interest on the volley ball games that were played. One by one, however, they were persuaded to try it and, as in the case of every other country where the game has been introduced, just to play once seemed to be sufficient to make an enthusiastic convert of the individual to the game. The Fluminense Club has conducted a membership league, and the other clubs of the city, as well as some in other cities, such as Sao Paulo, now use the game extensively.

EUROPE.

Within the past three years volley ball has been extensively introduced and promoted in France, Italy, Belgium, Czecho-Slovakia, Poland, Roumania, Portugal and Greece. It can be said by way of general reference to all of these countries, that there seemed to exist an unsatisfied desire for participation in team sports. Practically the only team game of any degree of popularity in these countries has been soccer foot ball. Since this is essentially a skilled game, the per cent. of people who play it as compared to those who desire to participate in team sports, is very low. Volley ball, beyond all other new games which have been tried out, has proven to be the most popular.

Italy—While team games with the Italian army, such as basket ball, cage ball, and playground base ball were quite generally promoted, volley ball has outstripped them all in interest and popularity. Its simplicity was a tremendous asset and to the surprise of everyone concerned it seemed to appeal particularly to Italian army officers, who while extremely punctilious as to dress, would strip to their undershirts to play volley ball and would not object to playing with common soldiers. The game appealed, as well, to boys of all sorts and such enthusiasm was shown that they would often follow a "Y" physical man in the streets hoping to get a chance to play the game.

France—During the war volley ball was successfully introduced in the French Army by Percy R. Carpenter through the Foyer du Soldat. It proved instantly popular wherever tried out. Since the war it has been very persistently and very definitely promoted in the army, in schools, in playgrounds, and has been demonstrated from time to time at the various athletic fetes held in different parts of France. Thousands of the French youth are playing the game now who prior to 1916 had never even seen or heard of it.

Czecho-Slovakia—Volley ball is proving one of the strongest influences tending toward the introduction of the recreative type of work in the great Sokol Physical Training Societies. It will be remembered that these organizations, enrolling some 400,000 of the Czech youth, were in essence secret military training societies. As a consequence, their programme was extremely severe and quite lacking in recreative aspects. After the war which gave Czecho-Slovakia its freedom from Austria, the Sokol societies showed definite signs of disintegration, as their programme was too formal and too exacting to continue to hold the athletically inclined young men of the country. Volley ball, introduced by Joseph Pipal, the "Y" Senior Physical Director during 1919, 1920, and 1921, attained immediate popularity and is now becoming a definite factor in the Sokol programme of the country.

Poland—Participation figures from Poland referring to the army indicate that volley ball is by far the most popular and most widely played sport in the entire physical training programme. Introduced originally in great centers like Warsaw, Lodtz and Cracow with the military, it has spread rapidly to the schools and colleges, and has apparently furnished the opportunity to satisfy the desire to get into some sort of a game, which in soccer football the items of cost and skill made impossible.

Roumania—Roumanian army officers who came to the Inter-Allied Games in Paris during the armistice period, were greatly impressed by the demonstrations of group games which were put on daily during the competitions. Of all the games that were new to these officers and yet which immediately appealed to them, volley ball was probably first. Later, when a group of American physical directors went to that country and in close working arrangements with the army began a short-term training school, volley ball took its place as the best all-round game calculated to offset the unfavorable results of the old stiff semi-German military training programme. The game also obtained immediate popularity in the public schools and may now be said to be an official part of the public school athletic programmes and the army physical training scheme.

Greece—If by a stroke of a magic wand some of the old Greeks who were wont to disport themselves in the ancient Olympic Stadium could have been brought back and seated in the restored Stadium in Athens, they would have seen last year volley ball games in progress on that sacred site and would probably have passed away again in wonder. They would have seen mature Greek soldiers shouting, jumping, and laughing like children and for the first time in their lives apparently playing a game that included, in addition to valuable physical movements, a very high proportion of unadulterated recreation. Volley ball has been widely introduced in Greece and from the latest reports is there to stay.

Germany—While the game has not yet been introduced in this country, it is only a matter of a comparatively short time before our erstwhile enemies will be playing our popular game. Within the last six months at a great conference of university students, specific information was asked for about the "American game of volley ball," and if the present plan matures of sending an American physical director to that country to set up a physical recreation programme that is asked for in the colleges and schools, volley ball will undoubtedly prove as popular as it has in so many other countries around the world.

England—The game was also introduced in the British Army in Belgium during the war, and afterwards in England was pushed vigorously. It probably will grow slower in England than in any other part of the world as in this country they have their own rather adequate programme and every boy who has a chance to play anything is quite inclined to make it soccer or cricket. On the other hand, it can be said with truth that volley ball has at least been introduced, and with its universal appeal will doubtless come to take a definite place in the physical recreation activities of the country.

Belgium—Volley ball was used with the Belgian army play programme during 1918 and 1919, and even though not followed up by active promotion still persists and is now an accepted sport.

Latvia-Esthonia—Volley ball is being played now and has been for more than a year in these two new northern countries created out of the war. In Latvia, in particular, the game has been most aggressively promoted by Rudy Hansen, a "Y" Physical Director assigned to that country. Latvian army officers, studying the game and commenting on it, said that it had the advantage of "making men more like race horses, against the Latvia training system which only made of them truck horses."

In traveling around the world, in any country where one stops where the Englishman has been, he will either find soccer foot ball flourishing or at least a vivid memory of it remaining. Wherever the American has been the traveler will find base ball. It can be truthfully said with reference to volley ball that it can be found almost anywhere and it flourishes in the same countries where soccer foot ball has heretofore been supreme or where American base ball has been first introduced and had first place. It is in fact and in truth a universal game and doubtless has more individual participants than any other sport played around the world. We find when it comes to this game that the Frenchman and the German, the Japanese and the Chinese, the South American and the North American are all brothers under the skin. If time permitted us to continue our travels we could go to Cuba, Porto Rico, Hawaii, Colombo, Panama, Mexico, and even on that far off island of Guam, and if we cared to have a little exercise undoubtedly would find it possible to get into a stiff game of volley ball.



STATE "Y" SECTIONAL VOLLEY BALL TOURNAMENT HELD IN NEW BRITAIN Y.M.C.A. (JOSEPH HERGSTROM,
PHYSICAL DIRECTOR). TWO TEAMS EACH, WINSTED, HARTFORD AND NEW BRITAIN ASSOCIATIONS.
Murray, Photo.

The Science of Volley Ball

BY HERBERT F. RAPPOLD, GERMANTOWN, PA.

1. In this article I will not attempt to tell why volley ball should be played, or the benefits derived from the game, but merely explain briefly some technical and strategic points, high class finesse, manner of play, style of system, etc.

2. Study the Official Rules.

3. Acquaint yourself with handling the ball; train yourself to **snap** it quickly and accurately; don't catch or throw it at any time.

4. Learn to serve the ball true; the underhand serve is far more accurate than the overhand; there are some exceptions, but very few.

5. Stand centrally, in **your own** territory; don't crowd your adjacent team-mate.

6. Be shifty, resilient and quick. **Know** what you are going to do with the ball if it comes your way.

7. Study your opponents' weaknesses.

8. Co-operate with your team-mates to the utmost.

9. Insist on having the net eight feet high straight across.

10. Adapt yourself to the Official Rules, whether you agree with them or not; don't make up rules to suit yourself.

11. For a match game, with six players to a team, it is important not to overbalance a team; a team of six "Killers" may not be as formidable as a well developed team of "Boosters" and "Killers."

12. There should be a regular playing system outlined, each play worked out in advance. If no one knows who is going to get the first pass, the momentum of play is immediately retarded, hence a team of experienced Boosters and Killers well systematized will work to far better advantage. Killers, when at net, must stay away from Booster, thus enabling Booster to place ball for Kill (Killer must try not to interfere with Booster).

13. It is possible at times to Boost ball on first pass for Kill.

14. Another play which works well is for Killer when receiving ball first, to pass to Booster next to him and Booster place ball for Kill. This play usually makes a good Boost possible and ultimately a successful Kill.

15. A Killer, in addition to being very fast, fleet and shifty, must be able to **time his jump** in order to "kill" the ball, prefer-



TEAMS AT Y.M.C.A. STATE VOLLEY BALL TOURNAMENT, BOSTON, APRIL, 1921.

Fairfield, Photo.

ably on its downward way while it is well above net. If he does not time his jump properly the result is disastrous. He must also be able to play a poor boost accurately and if unable to kill the ball, bat it over to the opponents' disadvantage.

16. In blocking a kill the timing of the jump is very important.

17. Blocking a kill is hard to do without fouling and it requires plenty of practise and experience. There is a great tendency to reach over net or step over center line, etc.

18. There is no set rule as to just how far back of the net players 1, 2 and 3 should stand—this must be gauged by the size of the playing court and style of opponents' play. However, remember that it is dangerous to play too close to the net continually.

19. Killers need not feel that every ball must be killed; frequently there are openings to drop a ball easily, or bat it to the rear of court, etc., opponents' defensive play must be carefully studied and at times snap judgment used.

20. It is also possible at times for a Booster to trick opponents by "sneaking" the ball over instead of boosting it, but the preferred play, if at all possible, is to boost ball for killer.

21. In passing the ball remember that an **arched pass** is much easier to handle than a ball shot straight or parallel to the floor. Second line defense players (players 4, 5 and 6) should always give booster an **arched pass**.

22. A booster must train himself to be able to handle and make the best of all sorts of passes; upon him depends the momentum of the play. If the ball is poorly boosted the possibility of a successful kill is weak. The size of court enters into this. On a large court, a boost well behind the net is readily killed; but on a small court the boost must be high and rather close to net. Boosters and Killers alike must be strong on defensive play.

23. It is very important to make your serve good; real serving does not consist of merely batting the ball over the net indiscriminately. The ball should be served to the disadvantage of your opponents. Space does not permit the many plays in this connection but briefly as possible one play is herewith described.

Player No. 4 on White Team is ready to serve.

Player No. 1 on Blue Team is a right-handed Killer.

The ball should be served to Blue player No. 4, thus making it difficult for Blue Booster No. 2 to boost ball.

If Blue player No. 1 is right-handed Killer, and Blue player No. 3 is left-handed Killer, White player No. 4 should serve ball to Blue player No. 2. The reason is obvious.



1, Rev. Geo. Kilpatrick; 2, Rev. Buckingham; 3, Rev. Megaw; 4, Rev. Pue-Gilchrist; 5, Rev. Urquhart; 6, Rev. Whyte.

"SKY PILOTS" TEAM,
Champions Ottawa City League, 1920.



YOUNGER BUSINESS MEN'S CLASS, GALT (ONT.) Y.M.C.A.

A ball served properly in this case to Blue player No. 2 will be difficult to boost, etc.

24. It is seldom that players Nos. 4, 5 and 6 are justified in returning ball directly back to opponents' court without passing. In match games the best results will be gained by passing and team play and the team that plays with this system will eventually be better than a team which pays no attention to passing, etc.

25. As in all sports, this game depends on good, competent officials, and the sooner these are developed the better it will be. The writer suggests that associations be formed for the purpose of establishing an "Officials' Association" or a "Referees' Association," or call it anything applicable to the cause; the idea being to encourage officials rather than provoke them.

GLOSSARY.

Killers—Players, when at net positions, jump to hit ball when it is above net, driving it into opponents' court; sometimes called Spikers, Smashers, Slashers or Attack, etc. The action is referred to sometimes as a Kill, Slam, Smash, Spike, etc.

Boosters—Players who place ball for Killers.

First Line Defense—Players in positions 1, 2 and 3.

Second Line Defense—Players in positions 4, 5 and 6.

Blocking—The action of defense trying to stop a Kill.

Arched Pass—A ball passed to a team-mate by curving it upwards (not straight at him parallel to the floor).

"WHITE TEAM"					
	4	5	6		
				3	2 1
"BLUE TEAM"					
				6	5 4
	1	2	3		
	"K"			"B"	



1, Brownell; 2, Mitchell; 3, Mace; 4, Fawcett; 5, Armstrong; 6, Allen.

"SENATORS" TEAM, OTTAWA (ONT.) Y.M.C.A.,
City Champions, 1921.



1, Garvie; 2, Kilpatrick; 3, Bills; 4, Stoner; 5, Rev. O. M. Demcott; 6, Taite, Capt.; 7, Stanley, Mgr.; 8, Siepert; 9, Cameron.

THIRD PRESBYTERIAN CHURCH TEAM, PATERSON, N. J.

Volley Ball for Beginners

By G. L. LISTMAN, BOSTON.

Volley ball is daily becoming more popular with young men and business men, and gaining an enthusiastic following in all parts of the world.

For some contestants this is the first game they have ever played. It develops alertness and patience and without the bodily contact, self-control is easily acquired. A large number can play, injuries are rare, and a great amount of preliminary training is unnecessary to get into condition. Easily introduced and with a reasonable amount of encouragement the beginner will rapidly develop.

It is not the aim of this article to attempt to cover the highly developed team play, but to briefly suggest the right start for beginners and to point out some of the most common mistakes made by the player just breaking into the game. For the business man it is one of the best remedies for tired nerves and relieving business tension. The joy of the player may be measured by the noise made during the game, far better than any star play.

I. THE RULES.

More rapid advancement will be made through official recognition of the rules, as a complete knowledge is absolutely essential to beginners. The discouragement of all modifications and rigid enforcement of the laws is necessary to success.

Many players attempt to play the game without the use of a rule book, which accounts for so many different versions of the game in the past. This, however, is rapidly being overcome by a spirit of co-operation, and the added spirit of competition, which is a great aid in upholding the dignity of the game.

Interpretation meetings are of a great benefit where a number of organizations are invited to witness a demonstration of the game by experts, with full explanation of each rule.

The rules have been "built up" from long and varied experience, by individuals and committees, and represent at the present time a game more universally satisfactory in every department, as evidenced by the very few changes that were made this year.

Let us therefore contribute this spirit of co-operation and add to the dignity of the game by assuming the responsibility of enforcing the rules, in "spirit" as well as in "letter."

II. MOST COMMON MISTAKES.

1. *Running under the net*--Some very serious injuries have resulted by coming in personal contact with a member of the op-

posing team. The line drawn directly under the net dividing the court will help to watch this play more closely.

2. *Catching or holding the ball*—This is a direct violation of the rule. Pushing or shoving the ball, lifting or turning ball while resting in the hands is prohibited. The ball must be clearly batted.

3. *Touching the net*—A player can not touch the net while the ball is in play or during the game.

4. *Reaching over the net*—The ball must be played on player's side of the net. Reaching over net to pass or bat the ball is illegal.

5. *Illegal serving*—The rule reads: "Stand with both feet wholly behind the back line of the court." This rule is probably violated more than any other, by experienced players as well as beginners, due to carelessness in most cases rather than to gain any advantage.

6. *Careless serving*—Serve the ball in style best suited to have ball carry to back of opponents' courts. Time and practise will develop the service. Hitting the net or serving out loses many points.

7. *Use both hands*—Makes pass surer and more accurate; easier to stop a swift ball. Gives better opportunity for accurate passes.

8. *Running out of position*—Shows lack of confidence in other members of team; play your own position.

9. *Interfering with another player*—Discourages another member of the team and breaks up team work; tends to develop "one man" teams.

10. *Hitting ball too hard*—Unless a ball is played by a net player for a "kill," it should be played lightly and high, to give time for the next play to be made—for the best advantage of the team. A fast ball is more difficult to receive or pass to another player.

III. HOW TO BEGIN.

1. *Preliminary passing without net*—Players can get the "sense of direction" and the "feel" of the ball by forming a circle or any other close formation on the floor, without a net, and batting to one another, keeping in mind the rules regarding holding, batting lightly and high, and using both hands. A little practise will give confidence and create interest immediately.

2. *Preliminary passing with net*—After preliminary work of this nature, divide group in two teams and with net, continue the passing game, avoiding all interference, giving every man an opportunity to play the ball, and laying special stress on returning the ball over the net.

3. *Three-hit rule*—The "three-hit" rule can now be explained and practised. Emphasis can be placed on this rule by playing the ball over the net only after the third pass.

4. *Position of players*—The six-man formation can next be used, three men in a line in front of net and three men in a line in back of court, continuing the preliminary passing game and the "three hit" rule. Keeping position is very important and should be emphasized.

5. *Service*—Serve ball well above the net and standing with both feet behind the back line. Each man should be given an opportunity to practise the service several times.

6. *"Side out" and scoring*—"Side out" shall be called when the team serving fails to win its point, or plays ball illegally. "Point" shall be called when the team receiving fails to return the ball legally to opponents' court. The server continues to serve until "Side out" is called.

With the foregoing fundamental knowledge of the game, and a clear understanding of the rules, the progress of the player will depend on the interest developed and the personal enjoyment received from playing.

The rules should be **studied**, not only read. As the player becomes more proficient, attention can be given to placing the men to better advantage as regards to good passers and good net men.

The service can be gradually developed, give attention to placement in the opponents' court, and style and type of service perfected. The most valuable player is steady, sure and reliable, not "spectacular" or "streaky."

With actual play the passing game will improve, and different combinations may be worked out between the back court men and the net men, by cross-passing, which will count more points. Good passing is very essential, as a poorly placed ball is a pass wasted.

On your toes, alert, making an effort to reach everything in **your** territory, keeping an eye on the ball and on opponents' positions, cultivating team play, with a little patience and a thorough knowledge of the rules, will in a short time give you that satisfaction, thorough enjoyment and thrill, that you witnessed as a spectator.



1, Marker; 2, Lowery; 3, Corlis; 4, DeFrees; 5, Snyder; 6, Jencks; 7, Mulhol-
land; 8, Palmer.

CENTRAL Y.M.C.A., TOPEKA, KANS.,
Winners of State Tournament at Wichita, 1921.



READY FOR PLAY, STATE Y.M.C.A. VOLLEY BALL TOURNAMENT,
BOSTON, MASS. Fairfield, Photo.

THE CODE OF A GOOD SPORT

I

Thou shalt not quit.

II

Thou shalt not alibi.

III

Thou shalt not gloat over winning.

IV

Thou shalt not be a poor loser.

V

Thou shalt not take unfair advantage.

VI

Thou shalt not ask odds thou art unwilling to give.

VII

Thou shalt always be ready to give thine opponent the shade.

VIII

Thou shalt not underestimate an opponent, nor overestimate thyself.

IX

Thou shalt root with all thy might, but in rooting a good sport will root right.

X

Honor the game thou playest, for he who playeth the game straight and hard wins even when he loses.

A copy of above, printed on a card, will be mailed on request to American Sports Publishing Company, 45 Rose Street, New York. Please mention volley ball book.

NORTHWESTERN CHAMPIONSHIP.

BY CHESTER M. TOBIN, ST. PAUL, MINN.

The St. Paul "Y" team made a most enviable record in 1920-21, not losing even one set throughout the year and winning the Twin City Volley Ball Championship, the Northwestern Volley Ball Championship and finally the Tri-State Volley Ball Championship, giving them a partial claim to the championship of five states of the Northwest having great teams covering this entire section of the country. The record:

TWIN CITY LEAGUE.

St. Paul Y vs. Minneapolis A.C.....	15-0, 15-3, 15-12
St. Paul Y vs. Minneapolis A.....	15-12, 15-9, 9-15, 15-10
St. Paul Y vs. St. Paul A.C.....	15-10, 15-6, 15-3
St. Paul Y vs. Minneapolis A.C.....	15-5, 15-3, 15-7
St. Paul Y vs. Minneapolis Y.....	15-12, 14-15, 15-9, 15-11
St. Paul Y vs. St. Paul A.C.....	15-8, 15-12, 10-15, 15-8

NORTHWESTERN TOURNAMENT.

St. Paul Y vs. Winona Y.....	15-5, 15-4
St. Paul Y vs. Eau Claire.....	13-15, 15-14, 15-11
St. Paul Y vs. Minneapolis Y.....	15-10, 10-15, 15-8
St. Paul Y vs. Mankato Y.....	14-15, 15-8, 15-13

TRI-STATE TOURNAMENT.

St. Paul Y vs. Madison.....	15-0, 14-15, 15-3
St. Paul Y vs. Evanston.....	15-14, 1-15, 15-10
St. Paul Y vs. Racine.....	10-15, 15-12, 15-14
St. Paul Y vs. Milwaukee.....	15-1, 15-9, 15-3

OTHER GAMES.

St. Paul Y vs. Minneapolis Y.....	15-9, 15-10, 13-15, 15-5
St. Paul Y vs. Minneapolis Y.....	15-9, 9-15, 8-15, 15-2, 15-7
St. Paul Y vs. Mankato Y.....	13-15, 15-7, 15-8, 15-6
St. Paul Y vs. Eau Claire Y.....	13-15, 15-14, 15-5, 14-15, 15-10
St. Paul Y vs. Eau Claire Y.....	15-13, 15-8, 8-15, 15-9



1, Tourtellotte; 2, Lampert; 3, Jones; 4, Alm; 5, Stumpf; 6, C. M. Tobin, Phys. Dir.; 7, Tolson.

ST. PAUL (MINN.) Y.M.C.A. TEAM,
Northwestern Champions.

VOLLEY BALL IN TEXAS.

By C. C. BONNER,

Physical Director, San Antonio.

We had a real topnotcher volley ball league 'way down here in Texas—good fun, good fellows and good volley ball. The most interesting part of it all to me was this: When the league started it was cuss from start to finish; all the time; cuss, cuss. Well, I kept at them; not condemning, just suggesting, and soon it was very noticeable that the men were responding to the hints and it became a league of gentlemen.

The league was composed of men entirely from the military police, they being off duty in the afternoons. League games were played on Tuesday and Friday afternoons. There were four teams in the league and they took their names from the various occupations with which they were identified. The clerks called themselves the Inkslingers; the men who went after bootleggers, Old Crows; those who patrolled the streets, the "Giants," and the men who drove the cars, the "Babies."

Each team played fifteen games, beginning November 25 and ending January 13. The result ended in a tie between the Inkslingers and the Old Crows. A series of three games was arranged to play off for the title. The Inkslingers won two games straight, and the championship.

	Played.	Won.	Lost.		Played.	Won.	Lost.
Inkslingers.....	15	12	3	Giants	15	5	10
Old Crows.....	15	12	3	Babies	15	1	14



1, Muhlbeck; 2, Canning; 3, Baumgartner; 4, Chrisbacher; 5, Vervet; 6, Tribel, Capt.; 7, Wilner, Mgr.; 8, Westerhoff.

ORIENTAL SILK PRINTING COMPANY'S REPRESENTATIVE TEAM,
PATERSON, N. J.

VOLLEY BALL IN COLORADO.

BY A. W. JONES,

Physical Director, Pueblo, Col.

Volley ball made more of a progress in 1920-21 than any other sport in Colorado. All of the Y.M.C.A.'s in the different camps of the C.F.&I.Co., have promoted this sport and it is now being played by a large number of men throughout the mining camps. It has also taken its place on the high school playgrounds in the State. The State tournament was held at the New Steel Works "Y" at Pueblo, nine teams competing. A round robin series of seventy-two games was played. The tournament started at 9.00 A.M. and finished at 10.30 P.M. The Denver "Y" team came through in grand shape, not losing a single game. Final standings:

	Played.	Won.	Lost.		Played.	Won.	Lost.
Denver.....	8	8	0	Boulder	8	3	5
Pueblo City Y..	8	7	1	Canon City.....	8	3	5
Colorado Springs	8	5	3	Burch-Pueblo...	8	6	2
Denver 2d team.	8	4	4	C.F.& I.	8	0	8
Fort Collins....	8	4	4				



Back row (left to right)—Fry, Smith, Idell, Buchler. Front row—Vorberg, W. B. McKarahr, Phys. Dir.; Rappold, Capt.; Wood, Briggs.

BIG RED TEAM OF GERMANTOWN Y.M.C.A.
PHILADELPHIA, PA.



A. & S. Spalding & Bros.

Volley Ball Equipment

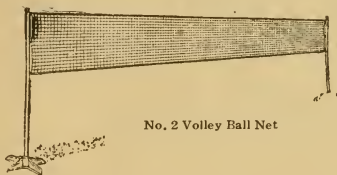


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| No. W. A well made practise ball. Good quality leather; guaranteed rubber bladder..... | Each, | 4.50 |
| No. CV. Canvas cover, guaranteed rubber bladder.... | " | 2.75 |
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A. G. SPALDING & BROS.

Gentlemen: While serving with the A.E.F. as Divisional Athletic Director for the Y.M.C.A., with headquarters at St. Andre de Cubzac, Gironde, France, I had an opportunity to note the different makes of athletic goods. I have no desire to say anything against any make of goods, as we were glad to get any of them, but I do want to tell you about the remarkable performance of two "Spalding Army and Navy No. J5A" foot balls.

Christmas Day, 1918, I placed one of these balls in play in a game between Co. D and Co. F of the 311th Engineers at St. Andre Field near St. Andre de Cubzac. These teams played a scoreless tie. On New Year's Day they again played a scoreless game, using the same foot ball. Following in rapid order came four other games, making six in all, with this same foot ball. We then gave it to the Co. E team of the 311th Engineers for a practice ball and it was in fine condition at that time. This ball had not been deflated, which seems to me to be remarkable.

I then inflated and laced another ball and started it with the intention of seeing just how far it would go. This ball was used for nine straight games and was then "lost." It was in almost perfect condition at the end of the ninth game.

Any one seeing these teams in action can testify that they played some foot ball. For the most part the Pershing hobnail shoe was used, and they sure could treat them rough.

EVERETT W. HUNTER.

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A. G. Spalding & Bros



A Word to Buyers and Users of Athletic Goods

YOU DON'T "pay for the name" when you buy something "Spalding," as those who are after larger profits often allege. You pay for—and get—satisfaction. The name, as evidenced in the Spalding Trade Mark, is put on as a guarantee that you get what you pay for.

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